

**Central Bedfordshire Community Access Service
Mental Health Support Teams
Child & Adolescent Mental Health Service**

**Beech Close Resource Centre
Beech Close
Dunstable
Bedfordshire
LU6 3SD**

**Tel: 01582 707635
Email: elft.centralbeds-mhst@nhs.net**

NHS Crisis Line: 111 option 2

Dear Parents and carers,

Drop-in session for young people in years 9 -11 (Secondary Schools)

A warm welcome from our Central Bedfordshire Mental Health Support Teams. Our role is to support young people's emotional wellbeing and help them to manage difficulties they may be experiencing, such as coping with signs of anxiety, low mood and emotional distress.

So we can offer more support to young people in our community, our team carried out a pilot drop-in service in 2021 for young people in our secondary schools in the Dunstable area. We are pleased to share the success of this in the last 2 academic year's within our Sandy/Biggleswade team and are pleased to announce a continuation of this offer to Central Bedfordshire MHST Sandy/Biggleswade, with a view to providing this in Etonbury Academy from September 2026. The drop-in is for young people to obtain independent, evidence-based advice and self-help resources at an early stage for problems that affect their emotional wellbeing or cause mental health difficulties.

A self-referral can be made by your child, through your school pastoral and safeguarding team who have copies of this referral form. Once completed, please return the referral form to the pastoral or safeguarding lead of your child's school.

Suitability for drop-in sessions

Our team will be offering 20 minute slots to young people who are wanting to seek further advice or self-help resources. This service will be offered to young people who are in years 9-11 and not already accessing an external service ie: CAMHS, Sorted, Chums and other mental health services. Drop-in appointments will be by prior agreement and not through an open door offer.

This is not a crisis service. For crisis enquiries please find more details of services at the bottom of this letter.

Sharing information and safeguarding

We want young people to seek advice that is safe and has evidence of being beneficial for their emotional wellbeing. We will always ask them if we can share relevant information with parents and professionals if we feel this will help them. If it is appropriate to offer further support to your child we may contact you for additional information.

Should concerns arise for your child's welfare, we will follow our CAMHS safeguarding policy. Your child's safety is important to us and where we believe your child cannot keep themselves

Chair: Eileen Taylor

Interim Chief Executive: Lorraine Sunduza

We care

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safe, we have a duty to ensure we share information with parents and other agencies. If this happens, we will let your child know and will tell them how we will communicate with parents and professionals, what information we need to share and get your child the help they need.

Parental consent

If you are happy for your child to access support from our drop-in sessions, then you do not need to do anything else. For young people who are 13-16 years old, we will always assess their ability to make a choice about their care and that they understand the decision they want to make. We will also consider their choice to access our service without parental permission and provide them with health support they need. Where a young person does not want to share information, we will always explore their decision carefully.

If your child is over 16, we are required to ask their consent before sharing information with their parents.

Accessing records and collating data

If your child requests a drop in session with our team, they will be encouraged to complete a self-referral form and we will keep a record of the reason for their attendance and the information and advice given by our team. These records can be requested using our access to records policy which you can find on our website: <https://www.eft.nhs.uk/About-Us/Privacy-and-Your-Data>

As part of measuring our service performance, we will collate feedback from our young people and use clinical tools to measure the effectiveness of the drop-in sessions. This data **will remain anonymous** and we will not use any information that is sensitive or identifies details of your child.

Accessing further information on our drop-in sessions.

We understand some parents may want more information or feel uncomfortable with their child accessing a service without their knowledge. For more information on our drop-in service, please contact your child's school who will send you our helpful guide. You can also contact Rebecca Green (Operational Lead for Sandy/Biggleswade MHST) on 01582 707635 for further queries.

Yours sincerely,

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You may find the following information helpful:

Crisis support services:

NHS Every Mind Matters (expert advice and practical tips)

111 option 2

SAMARITANS 24/7

SANELINE (6pm-11pm)

Childline

Listening support

Emotional support and advice

Listening support and tele-counselling

116 123

0300 304 7000

0800 1111

Useful Websites:

www.childline.org.uk

www.youngminds.org.uk

www.bigwhitewall.com

www.kidscape.org.uk

www.time-to-change.org.uk

www.rethink.org.uk

www.sane.org.uk/young_sane

Child Line

Information and advice

16+ Online supportive community

Support and info regarding bullying

Time to Change

Rethink

Young SANE

For parents:

www.psg.org.uk

www.parentzone.org.uk

www.psg.org.uk

www.bullying.co.uk

<http://familylives.org.uk>

Parent Support Group - helpline and advice

Parent Zone

Parent Support Group - helpline and advice

Bullying UK (advice parents and schools)

Previously Parent Line – online forums and parent courses